

| Pos | No. | Name | Club | Gender | Cat | Time | Run1 | T1 | Bike | T2 | Run2 | F Pos | M Pos | Cat Pos |
|-----|-----|--------------------|-------------------------|--------|-------|----------|----------|----------|----------|----------|----------|-------|-------|---------|
| 1 | 9 | HAYDEN SMEDLEY | WEBUYCYCLE | M | 35-39 | 00:32:44 | 00:09:17 | 00:00:21 | 00:13:13 | 00:00:25 | 00:09:25 | | 1 | 1 |
| 2 | 2 | DAVID BOYES | | M | 45-49 | 00:33:05 | 00:08:34 | 00:00:25 | 00:14:19 | 00:00:27 | 00:09:18 | | 2 | 1 |
| 3 | 25 | STUART CROWDER | | M | 25-29 | 00:33:19 | 00:08:14 | 00:00:24 | 00:15:21 | 00:00:29 | 00:08:49 | | 3 | 1 |
| 4 | 4 | JOHN POTTER | LEJOG Hardcore | M | 40-44 | 00:33:22 | 00:08:29 | 00:00:24 | 00:14:40 | 00:00:25 | 00:09:22 | | 4 | 1 |
| 5 | 6 | MICHELLE WILLCOCKS | BELPER 1020 | F | 30-34 | 00:34:22 | 00:08:53 | 00:00:27 | 00:14:29 | 00:00:25 | 00:10:07 | 1 | | 1 |
| 6 | 3 | WILL SEELY | | M | 35-39 | 00:35:02 | 00:08:44 | 00:00:25 | 00:16:42 | 00:00:25 | 00:08:46 | | 5 | 2 |
| 7 | 24 | LEE BARKER | | M | 50-54 | 00:35:30 | 00:08:29 | 00:00:34 | 00:16:08 | 00:00:35 | 00:09:43 | | 6 | 1 |
| 8 | 1 | JOSEPH HOOK | | M | 25-29 | 00:35:37 | 00:08:07 | 00:00:46 | 00:17:37 | 00:00:30 | 00:08:35 | | 7 | 2 |
| 9 | 14 | CHRIS REDDING | DERBY TRIATHLONCLUB | M | 55-59 | 00:36:27 | 00:11:34 | 00:00:31 | 00:15:25 | 00:00:30 | 00:08:25 | | 8 | 1 |
| 10 | 11 | JONATHAN GEE | TEAM OXYGENADDICT | M | 30-34 | 00:37:19 | 00:10:26 | 00:00:25 | 00:15:13 | 00:00:26 | 00:10:48 | | 9 | 1 |
| 11 | 26 | AIDAN GRANT | GOYT VALLEY STRIDERS | M | 45-49 | 00:38:00 | 00:09:48 | 00:01:16 | 00:16:12 | 00:00:40 | 00:10:03 | | 10 | 2 |
| 12 | 36 | PAUL BAYLEY | | M | 55-59 | 00:38:37 | 00:10:19 | 00:00:23 | 00:16:30 | 00:00:28 | 00:10:56 | | 11 | 2 |
| 13 | 27 | DAVE SPENCER | BELPER 1020 | M | 60-64 | 00:38:48 | 00:09:30 | 00:00:21 | 00:18:00 | 00:00:22 | 00:10:34 | | 12 | 1 |
| 14 | 33 | JANET GRINT | STOCKPORT TRI CLUB | F | 45-49 | 00:39:00 | 00:10:22 | 00:00:24 | 00:17:17 | 00:00:22 | 00:10:34 | 2 | | 1 |
| 15 | 7 | STEVE SHAUGHNESSY | STOCKPORT TRI CLUB | M | 65-69 | 00:39:17 | 00:10:11 | 00:01:03 | 00:17:01 | 00:00:44 | 00:10:16 | | 13 | 1 |
| 16 | 15 | ALEXANDRA P DOBELL | | F | 20-24 | 00:39:25 | 00:10:09 | 00:00:40 | 00:17:38 | 00:00:40 | 00:10:16 | 3 | | 1 |
| 17 | 8 | STEPH SPENCER | BELPER 1020 | F | 45-49 | 00:39:51 | 00:10:19 | 00:00:54 | 00:17:15 | 00:00:49 | 00:10:33 | 4 | | 2 |
| 18 | 19 | JONATHAN HORNE | | M | 60-64 | 00:40:35 | 00:10:34 | 00:00:25 | 00:18:13 | 00:00:26 | 00:10:55 | | 14 | 2 |
| 19 | 16 | KATIE TRACE | | F | 40-44 | 00:40:46 | 00:10:31 | 00:00:45 | 00:17:38 | 00:00:45 | 00:11:06 | 5 | | 1 |
| 20 | 35 | BRIAN HOLLAND | GOYT VALLEY STRIDERS | M | 65-69 | 00:40:51 | 00:10:36 | 00:00:35 | 00:17:56 | 00:00:37 | 00:11:04 | | 15 | 2 |
| 21 | 10 | MATT BAKER | BELPER 1020 | M | 35-39 | 00:41:04 | 00:11:05 | 00:00:49 | 00:16:41 | 00:00:43 | 00:11:43 | | 16 | 3 |
| 22 | 38 | PAUL FARRINGTON | STOCKPORT TRI CLUB | M | 45-49 | 00:41:34 | 00:11:59 | 00:00:30 | 00:16:47 | 00:00:30 | 00:11:47 | | 17 | 3 |
| 23 | 30 | ESTHER HULLEY | STOCKPORT HARRIERS & AC | F | U20 | 00:41:35 | 00:09:28 | 00:00:19 | 00:20:52 | 00:00:20 | 00:10:35 | 6 | | 1 |
| 24 | 39 | JASMINE KIRLEW | | F | 20-24 | 00:42:44 | 00:11:15 | 00:00:41 | 00:18:28 | 00:00:33 | 00:11:45 | 7 | | 2 |
| 25 | 22 | BENN HAILES | | M | 35-39 | 00:44:00 | 00:11:08 | 00:00:51 | 00:19:43 | 00:00:51 | 00:11:24 | | 18 | 4 |
| 26 | 18 | CHRIS PROUD | DERBY TRIATHLONCLUB | M | 70-74 | 00:44:18 | 00:12:02 | 00:00:58 | 00:17:34 | 00:01:01 | 00:12:40 | | 19 | 1 |
| 27 | 40 | SUSAN HOLLAND | GOYT VALLEY STRIDERS | F | 60-64 | 00:46:02 | 00:12:57 | 00:00:44 | 00:18:44 | 00:00:31 | 00:13:04 | 8 | | 1 |
| 28 | 12 | MIKE WALTON | MACCLESFIELD HARRIERS | M | 45-49 | 00:47:45 | 00:10:44 | 00:01:01 | 00:24:00 | 00:01:00 | 00:10:59 | | 20 | 4 |
| 29 | 21 | JAMES TRACE | | M | 45-49 | 00:50:16 | 00:12:26 | 00:00:59 | 00:23:19 | 00:01:00 | 00:12:31 | | 21 | 5 |
| 30 | 20 | EMMA LORD | MACCLESFIELD HARRIERS | F | 45-49 | 00:51:08 | 00:12:19 | 00:01:29 | 00:22:15 | 00:00:57 | 00:14:07 | 9 | | 3 |
| 31 | 32 | CLARE BAYLISS | DURHAM TRIATHLON CLUB | F | 45-49 | 00:56:43 | 00:16:38 | 00:00:53 | 00:20:28 | 00:00:46 | 00:17:56 | 10 | | 4 |
| 32 | 31 | ELAINE WHITING | | F | 40-44 | 00:59:18 | 00:17:22 | 00:01:00 | 00:21:06 | 00:00:43 | 00:19:04 | 11 | | 2 |
| DNF | 37 | LOUISE BEASLEY | TRIATHLON REDDITCH | F | 35-39 | 00:30:24 | 00:11:45 | 00:00:31 | 00:16:44 | 00:01:22 | | | | |